

The logo is a circular emblem. The outer ring is grey with the words 'LITCHFIELD BEARS' in white, bold, sans-serif capital letters at the top and 'RLC' at the bottom. Inside this ring is a red circle containing a white silhouette of a bear's head. The bear has its mouth open, showing its tongue and teeth.

Litchfield Bears Rugby League Club Player Handbook



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Presidents Welcome

On behalf of the Litchfield Bears Rugby League Football Club Committee, I would like to welcome you to the 2020 football season.

Our club is excited to have all coaches, coaching staff, medics, players, members and volunteers.

We are the biggest rugby league club in the Northern Territory with our volunteer base and sponsors contributing to our club growing in size. Without our sponsors we could not continue to provide the resources and support we do. We kindly ask you to support these sponsors when you see them acknowledged on our club attire and on our social media pages. Without our volunteers, we would be unable to take the field week in, week out.

Our club is proudly part of the 'Good Sports' program which promotes building a healthier sporting nation. We affiliate with the 'No More' campaign and we do not condone bullying.

Our vision is to upskill coaches and our players in conjunction with the NTRL. We endeavour to ensure our junior players are supported by adults who have obtained the approved legal accreditations e.g. ochre card and qualified coaching courses. We encourage our senior players to be part of our juniors' rugby league journey and aim for our juniors to have fun while they are learning the game. Our whole of club support is needed to enable our juniors to transition into our senior sides. Many of our players have been selected to represent the Territory in the NT Titans and then being selected in the Combined Affiliated States side. We have Bears who have entrenched their careers in feeder groups for major rugby league teams.

Our guarantee to our members is that our club will be honest, transparent, will be a safe place for your children, inclusive, diverse, equal and loyal to our constitution.

Thank you for coming to the Litchfield Bears Rugby League Club we welcome you to the family.

Yours sincerely

Peter Power

Club President

L.R.L.C.



2020 Calendar

Our club calendar and fixtures can be found on our website [here](#).

2020 Committee & Contact details

Our current 2020 committee members and contact details are found on the LRLC website [here](#).

2020 Coaching staff

Our current 2020 committee members and contact details are found on the LRLC website [here](#).

Fees and Club Membership

\$250 Junior Registration (u6s to u12s)

Includes Family Club Membership, Player Insurances, Training Shirt, Playing Shorts and Socks.

\$280 International Registration (u14s to u18s)

Includes Family Club Membership, Player Insurances, Club Polo, Training Shirt/Singlet, Playing Shorts and Socks.

\$285 Senior Registration

Includes Single Club Membership, Player Insurances, Club Polo, Training Shirt/Singlet, Playing Shorts and Socks.

\$15 Social / Non-participating Member

Please note that FULL PAYMENT MUST BE MADE AT THE TIME OF REGISTRATION. Please contact us if you have any questions.

Expectations of a Parent

The expectations of a parent at the Litchfield Bears Rugby League club is to:

- Support and encourage their child to participate in junior rugby league.
- Allow their child to participate only if they are well and healthy.
- Encourage their child to participate for the enjoyment of junior rugby league.
- Actively **participate** in and **supervise** their kids at training and game days. This is a Health and safety requirement that a parent or guardian (A coach is not a type of Guardian) is available in a medical situation.
- Promote and abide by the Litchfield Bears Rugby League club's Code of Conduct.
- Be respectful when communicating with coaches, umpires and administrators.
- Volunteer at home games and when you can spare the time to assist with various club activities
- Be a positive role model.

Commencing in 2020, team fundraising will be required and parents will be required to participate when requested for at least 2 fundraising events for the year. The funds raised will be to support the end of year functions and presentation days for each under. The LRLC Fundraising Sub-Committee and Junior/Intermediate coordinators will assist with scheduling and organising this throughout the season.



Players, Parents and Spectators Code of Conduct

Players code of conduct

Any LRLC registered player has agreed to the NRL code of conduct which can be found on the below link:

[NRL Code of Conduct](#)

Further to the above Code of Conduct, every player is to follow the other policies that are available on the Litchfield Rugby League Club [website](#).

As a rule, the below player conduct must be upheld:

- Play by the rules (Both of the NRL and LRLC)
- Do not argue with an official. Raise the issue with your coach or manager after the game
- Verbal abuse of officials will not be accepted (Control your temper)
- Play hard but play fair
- Act with sportsmanship when representing your club at games
- Play as a team and not as an individual
- Respect your coach and decisions that are made
- No derogatory language will be accepted
- Take responsibility for your actions
- Underage drinking and drug use are prohibited and bans and fines may occur if under the influence at anytime

Parents and Spectators Code of Conduct

Any parent or spectator that has registered a player or is attending a game is to follow the below main principles:

- Always encourage 100% participation and promote a positive team spirit
- Parents must ensure that a parent or guardian is available to adequately supervise their children on training days, game days and within any event that involves the team. This is also for in the event of injury or when player misconduct may occur that the parent or guardian can make certain decisions on the behalf of the player (Minors)
- Never Abuse a player or child as this is against the club values and beliefs
- Children learn best from positive encouragement. Applaud good play for all teams
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public
- Support all efforts to remove verbal and physical abuse from sporting activities
- Recognize the value and importance of volunteer coaches
- Remember that children play organised sports for fun
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players
- Always encourage players to play by the rules
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or umpires



Any breaches by coaches (both LRLC coaches or other clubs), players, spectators or officials, should be reported to a committee member who can officially report the incident to the NRL NT for review and decisions will be acted upon from there. These can also be submitted in writing to the LRLC via email if this method is preferred.

Social Media Policy

Our full LRLC Social Media Policy is available via our website but below is some important information to remember about Social Media sites and communications:

- *The LRLC has a main Facebook page that all communications, media and approved images will be posted to. The LRLC secretary will follow our Social Media policy and any images have permission obtained before posting. It is recommended that all social media communications or posts that are club or team related be submitted to the LRLC secretary for publishing on the main Facebook page. The LRLC will not be responsible for any self-managed Facebook pages but if these do breach the LRLC social media policy, these will be reported and removed from Facebook by a Facebook administrator.*
- *Messenger groups are a great way of communicating between teams but please follow the LRLC Social Media Policy when communicating about club events, functions, games or training and images need explicit permission by all people when sharing. Messenger groups will not be managed by the LRLC.*
- *Club logos and any administration footers or headers as intellectual property of the LRLC and permission from the committee is required for these to be replicated or used outside of club administration business.*

Playing and Training Equipment

As part of the registration fees, every player will receive a training shirt, football shorts and club socks. The playing jerseys remain the property of the Litchfield Rugby League club and may be available for purchase for a reduced fee at the end of the playing season.

Extra playing gear can be purchased from the club canteen.

Boots

All players are required to wear football boots, which can be purchased from any sports store. 'Intersport' stores offer all Bears players a 10% discount for footy boots and 5% on any other purchase. Make sure you mention you are from Litchfield Bears Rugby League Club as we the club will receive a 5% kickback that will be used to purchase additional training and playing gear.

Protective Equipment

Protective equipment is the responsibility of the player. We strongly recommend that players wear professionally fitted mouth guards. An NT Government scheme allows for children to receive two free mouthguards as they grow. For more information please visit <https://nt.gov.au/wellbeing/hospitals-health-services/dental-services/get-a-free-mouthguard-for-your-child>. Shoulder pads and headgear are optional.



Tape

Strapping and electrical tape is the player's responsibility to supply and is available for purchase from the Canteen.

Water Bottles

The Club will endeavour to supply water bottles for the team but we are always open to sponsorship for these as it is a great way to market your label around the club.

Training equipment

The LRLC will supply the training equipment for the drills to be run but please ensure that footwear (preferably boots) are always worn during training. Bare feet will not be allowed due to safety concerns.

Coaching, Referee and League Safe Courses

There are various requirements for coaches, managers and volunteers to have certain courses completed and if these are a direct requirement of a position (including volunteers), then the LRLC is happy to reimburse the course costs. Please provide the invoice details and proof of attainment to the LRLC via email on litchfieldbearsrlc@outlook.com.au.

Courses are run at different times throughout the season and the Junior and Intermediate coordinators will advise the Team managers of when these are scheduled.

Playing and Coaching structure

LRLC have put a coaching structure in place to ensure that players from under 6's to under 18's will have coaches best suited to their age and player development.

All coaching is to be based on the six major skill areas:

- | | |
|-----------------------|---------------------|
| 1. Grip, Catch & Pass | 4. Play of the ball |
| 2. Defence/Tackling | 5. Kicking |
| 3. Evasion | 6. Teamwork |

Whilst everyone loves to win, the main focus at the Bears is to have fun whilst becoming better Rugby League players.

Outlined below are the different stages in the development of a players skills and how the Bears coaching philosophy fits in with the NRL NT rules.

U6s

Beginning in the 2020 season, the under 6s will commence a training program called 'Tackle Safe' along with a full season of League Tag (no tackle). An NRL NT Development Officer will run the program on Thursdays for first 6 weeks of training as 'train the trainer' sessions, with the players split into small groups to participate in specific tackling drills. Tuesdays will be the normal league safe training session.

At the end of the season, there is a gala day planned where the under 6s will graduate from tackling school and be allowed to tackle by the new methods learnt through the Tackle Safe program.

The rule book can be found [here](#)



U7s

At this age group, the main goal and priority of players is participation, having fun and learning the basics of the game.

The focus will be on the fundamental skills of tackling, playing the ball, passing, lining out and teamwork.

The under 7s will do a few Tackle Safe sessions to be up to date with the skills being taught to the under 6s. Coaches will be required to run at least 2 sessions before the commencement of the normal season games.

Halfway through the year coaches should start to focus on the player being independent on the field without the coach.

The training and match procedures should provide an introduction of basic skills and be as fair and spread across the team as possible. Players that are more involved should be encouraged to give their team members a go and be encouraged to encourage other team members.

The games have no scoring the coach is on to the ground during play to referee and provide guidance to the team.

By the end of the year, the under 7 coach should be off the field as the team should be taught to self play the ball and progress as normal.

The rule book can be found [here](#)

U8s and U9s

In these age groups, the main goals and priorities for players have increased to include participation, having fun, further development of the basic skills and the introduction of technical and tactical parts of the game.

The focus will be the development of technical and tactical skills of the game with the introduction of First Receiver (FR Vest) and Dummy Half (U9s only and DH Vest). These vests should be swapped at half time. The play NRL website has lots of drill ideas for these age groups and the coaching committee can assist with drill ideas where required.

Drills should involve as many players as possible at one time to increase focus and participation, and the development of technical and tactical skills.

Coaches will guide the play on the field from the sidelines and run the bench players with either a team support person or manager.

The training and match procedures should provide an introduction of basic skills and be as fair and spread across the team as possible. Players that are more involved should be encouraged to give their team members a go and be encouraged to encourage other team members.

The games have no scoring and a referee will be provided for these games by the NRL NT.

The rule book can be found [here](#)



U10s, U11s and U12s

In these age groups, the main goals and priorities of players have shifted dramatically to increase teamwork and skill.

The focus will continue to be the development of technical and tactical skills of the game but with added teamwork goals. The teamwork component of training and games in this age group is paramount in the successful development of players.

Team-building training sessions are encouraged at these levels and these could be mixed with fundraising for the team and club.

Drills are to be skill-focused and should cover a good range across all parts of the game. The [Play NRL](#) website has many drill ideas for these age groups and the coaching committee can be contacted to discuss ideas where required.

First Receiver (FR Vest) and Dummy Half (DH Vest) are worn in these age groups and must still be swapped at half time.

Coaches will guide the play on the field from a bench of players and run the bench players with either a team support person or manager. All support people need to have League Safe accreditation to run water on the field.

Players that are more involved and should be encouraged to give their team members a go and be encouraged to encourage other team members.

The u10 and u11 games have no scoring and a referee will be provided for these games by the NRL NT. 2020 will be the last year that the U12s team will play for competition points and be able to play in finals.

U14s, U15s, U16s, U17s and U18s

These are the Intermediate age groups where players become future A Grade Bears.

The focus will continue to be applied to the development of technical and tactical skills of the game but with added teamwork goals set. The teamwork component of training and games in this age group is paramount in the successful development of players.

Team-building training sessions are encouraged at these levels and these could be mixed with fundraising for the team and club.

Drills are to be skill-focused and should cover a good range across all parts of the game. The [Play NRL](#) website has many drill ideas for these age groups and the coaching committee can assist with these where required

Coaches will guide the play on the field from a bench of players and run the bench players with a team support person. All support people need to have League Safe accreditation to run water on the field.

Players that are more involved and should be encouraged to give their team members a go and be encouraged to encourage other team members.

The games are scored and a referee will be provided for by the NRL NT. Touch judges can be nominated by the coaches or managers of the team for the games on game days.

The rules are available [here](#)



LRLC team selection Schedule U6-U12

This team selection schedule will be available on the Litchfield Rugby League Club [website](#).

LRLC team selection Schedule U14-U18

This training schedule will be available on the Litchfield Rugby League Club [website](#).

Game Day Information

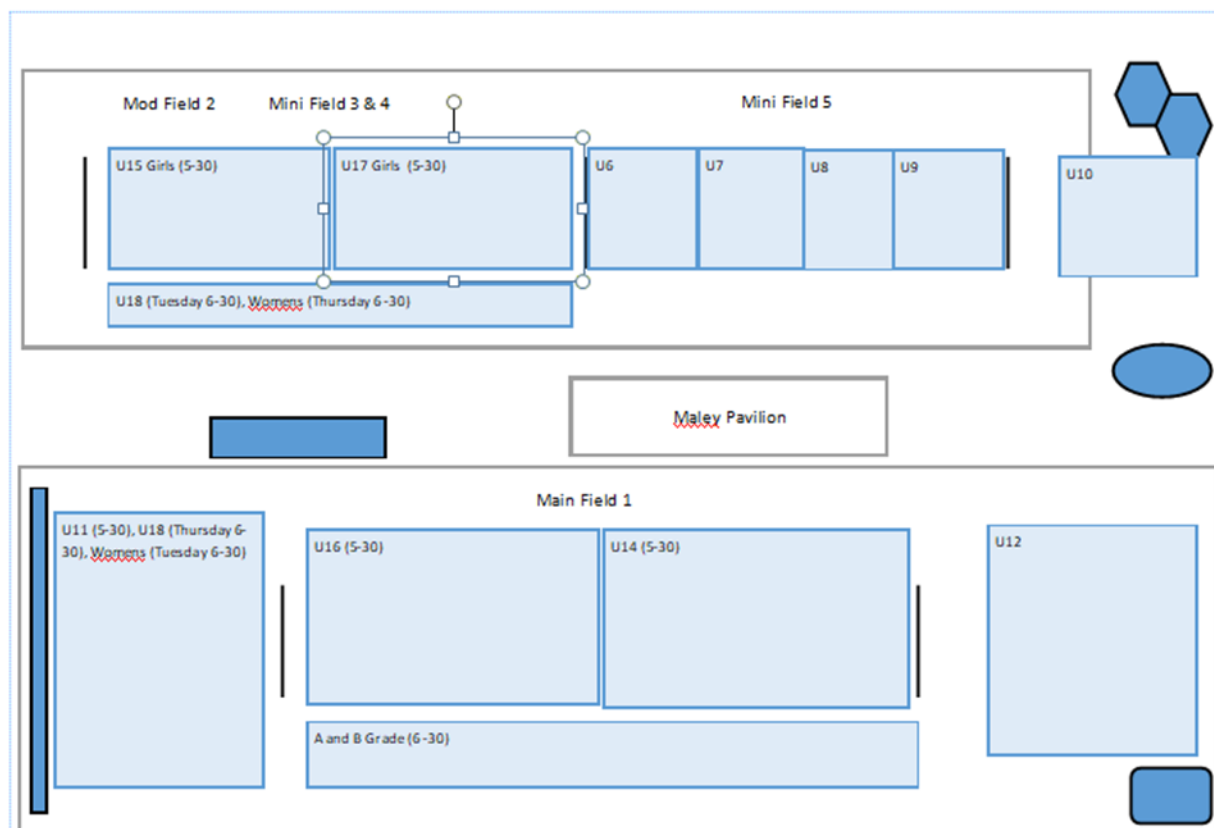
Game day information will be posted on the Club [Website](#) and [Facebook Page](#).

Training Times and Area allocations

Training times and locations will be determined by the Club when teams are formed and will be posted on the Club [Website](#) and [Facebook Page](#)

Talk to your Coach or Manager about changes to training times.

The below map shows where each under will train.





Training Ground unavailability procedure

The Club will notify all coaches/managers if training for games is cancelled or relocated, and information to that effect will be posted on our Club [Website](#) and [Facebook Page](#).

All parents or players are to check the website and/or phone their respective Coaches or Managers in case of bad weather to ensure training and games are still on.

Canteen and Bar Roster

The LRLC would like to start a volunteer roster for all training and on game days allocated for the year. There will be opportunities for all parents and family members to contribute to the success of the club and your time is appreciated. There will be a roster shared on the LRLC Facebook Page closer to training start and game days so please check regularly for available times that you may be available.

Child Protection – Working with Children

Any person holding a position with the Club (and/or a team) needs to apply for the Working with Children Volunteer clearance through the [SAFE NT](#)

Signed Volunteer Application forms can be obtained from the Canteen and the application can be filled out and submitted online. Remember our kid's safety is our number one priority.

Guidelines for problems with Coaches, Managers and Team/Club Volunteers

If any parent has any concerns with their child's coach or other team managers or volunteers, they are to follow the below order of communication:

1. Approach and discuss the problem with the Team Manager or Coach
2. Approach the Junior or Intermediate Co-ordinators
3. Approach the Club President or Club Committee Member

Sponsors

The Litchfield Bears Rugby League Club is always looking for sponsors to help us bring the great game of Rugby League to the children in our community. If you are interested in sponsoring the club or a team, please contact the Club or a committee member... we have several packages available to give you the benefits of sponsoring a local rugby league team and we'd be glad to have your support!

We thank all of our current 2020 sponsors including:



Online
Profile
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Litchfield Rugby League Club Inc

litchfieldbearsrlc@outlook.com.au

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